

NEWSLETTER

MARCH / APRIL 2026

Upcoming Surgery Closure Dates

The Surgery will be closed on:

Thursday 12th March - essential staff training

Friday 3rd April - Good Friday

Monday 6th April - Easter Monday

If you require urgent medical assistance during this time please contact **111** or in the event of an emergency **999**.



Hay Fever: Simple steps to feel better

As pollen levels rise in spring, many people notice sneezing, itchy eyes, or a runny nose. You may find it helpful to keep windows closed during high-pollen days, shower after being outdoors, and avoid drying clothes outside when pollen counts are high. Over-the-counter antihistamines or nasal sprays can also help – your local pharmacy can offer advice.



NHS Health Checks

Patients aged 40-74 years old who **do not have a pre-existing condition** can be eligible to have a NHS Health Check.

What does this include?

Patients will be booked into a 20 minute appointment with a healthcare assistant. This will involve measuring your height and weight, a blood test to check for high cholesterol and diabetes and finally some questions about your smoking status, lifestyle and family history.

Why is this important?

These checks help us to identify patients who potentially have undiagnosed conditions or could be at risk of developing them.

Your health check results will be sent to you for you to review. If you would like to arrange an appointment, please contact the surgery via our Accurx Triage link on our website.

Save the Date - Saturday 18th April Covid Vaccination Clinic

Our spring booster Covid vaccination clinic will be held on **Saturday 18th April**. This will be offered to patients aged 75 and over, individuals who are immunosuppressed and residents in care homes for older people.

Eligible patients will be contacted by our team in due course.

Did you know? Providing vaccines come at a cost to your surgery. Support your local practice and help us continue delivering care #SupportYourSurgery





Surgery Statistics..



In January & February we received **7,637** online triage requests

We offered **2,271** face to face appointments and **43** did not attend.

This is a reminder to please cancel your appointment if you are not able to attend.

Welcoming a new GP Partner!

We are delighted to announce that as of the beginning of April, Dr Jenny Company will join our GP partners at the surgery.

Dr Company joined us as a salaried GP and has been a valued member of the team ever since, providing excellent care and building strong relationships with our patients.

Please join us on congratulating her on this well - deserved achievement.



Safe Surgeries

Emmer Green Surgery is proud to be a safe surgery. This means we are committed to providing equal access to our services for everyone in our practice area, regardless of their immigration status. All are welcome.

Our receptionists won't ask you about your immigration status.

If you are worried about giving us your address, please let us know. Your information is safe with us.

Ask reception for an interpreter if you find it difficult to communicate in English.

We might ask for ID or proof of address. But if you don't have any and you live in our practice area, you can still register with us.



Emmer Green Surgery recommends the below healthy recipe...

Method

Four Seasons Pizza Recipe

Prep - 15 mins Cook - 15 mins
serves 4

1. Preheat the oven to 200C (fan 180C, gas mark 6). Place the pizza base on a large baking sheet. Spoon the tomato purée on top and spread it evenly over the surface.
2. Arrange the tomatoes on top. Scatter with half the mozzarella, then sprinkle with the herbs. Arrange the ham over a quarter of the pizza, along with the pineapple pieces.
3. Arrange the mushrooms over a second quarter of the pizza. Put the cooked chicken or turkey over a third quarter of the pizza. Leave the last quarter as it is.
4. Sprinkle the rest of the mozzarella over the whole pizza, then bake for 12 to 15 minutes until the cheese is bubbling. Let cool for a few moments before slicing and serving.



Ingredients

- one 23cm pizza base
- 1g tomato purée
- 2 tomatoes, sliced
- 50g ready-grated mozzarella
- 1 teaspoon dried Italian mixed herbs
- 25g sliced wafer-thin ham, chopped
- 25g pineapple pieces in natural juice, drained
- 2 mushrooms (cup or button), thickly sliced
- 25g cooked chicken (or turkey), chopped

Nutritional Information

- Per serving (1/4 recipe):
- 768kJ / 182kcal
 - 10.2g protein
 - 23g carbohydrate, of which 3.6g sugars
 - 5.1g fat, of which 2.1g saturates
 - 2.1g fibre
 - 0.7g salt